



## Cabernet-braised Short Ribs

Prep time: 20 minutes / Cook time: 3 hours

- 3 to 4 pounds bone-in beef short ribs (4 large short ribs)
- Sea salt and freshly ground pepper
- 1 tablespoon olive oil
- 1 pound small parsnips, peeled and cut into chunks
- 4 medium carrots, peeled and cut into chunks
- 1 medium onion, peeled and cubed
- 1 garlic bulb, peeled and sectioned
- 1 tablespoon flour
- 1 (750 ml.) bottle Mirassou California Cabernet Sauvignon
- 1 (14 ½ -oz.) can reduced sodium beef broth
- 1 tablespoon Dijon mustard
- 2 tablespoon chopped fresh thyme



Season short ribs with salt and pepper. Working in batches in a large pot, cook in oil on medium-high heat until well browned. Remove from pot and set aside. Add parsnips, carrots, onion and garlic; cook over medium heat, stirring frequently, for 10 minutes. Stir in flour and cook for 1 minute more. Add wine, broth and Dijon to pot, scraping up any browned bits on the bottom of the pot with a wooden spoon. Return short ribs to the pot. Bring to a boil; reduce heat and simmer over low heat, covered but with the lid cracked, for 2 hours. Remove cover and simmer over medium-high heat for 30 minutes. Season to taste with thyme, salt and pepper. Serve over soft polenta or mashed potatoes.

Makes 4 servings

\*May substitute turkey sausage

**Pairing Suggestion:** The main cue in food and wine pairing is the type of sauce or spice used on each dish, so pair these hearty short ribs with the same [Cabernet Sauvignon](#) used in the sauce.